

HUMAN ECOLOGY FOUNDATION OF CANADA (OTTAWA BRANCH)

BOX 11428, STATION H, NEPEAN, ONTARIO K2H 7V1

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Editor: Estelle Drolet

NOTE: SENSITIVITIES ARE VERY INDIVIDUAL

EACH PERSON MAY REACT DIFFERENTLY TO ANY GIVEN PRODUCT. THE
FINAL RESPONSIBILITY FOR USING ANY PRODUCT OR SUGGESTION
MENTIONED IN THIS NEWSLETTER IS THAT OF THE INDIVIDUAL MEMBER.

M E E T I N G S:

Our September 30, 1981 general meeting was well attended and was open to the public. Our two guest speakers were Mr. Michel Imbeault and Mr. Philip Jago of the EnerSave Advisory Services of Energy, Mines and Resources Canada. Mr. Imbeault outlined the different methods of converting, changing or adding to present heating systems. Mr. Jago gave a very knowledgeable talk on methods of insulation. Both gentlemen expressed an interest in receiving questions regarding home heating and/or insulation from our members. They can be reached at 995-1801.

TYPOGRAPHICAL ERROR -

Reference our Newsletter No. 16, page 6 under White Rice Baking Mix. I know we sometimes have some weird and wonderful ingredients in our recipes, but "rain juice" is a bit much! Please read raisin juice instead.

SURVEY

A Survey Sheet was sent out with our Newsletter No. 15 - March 1981, requesting members' opinions and recommendations in order that we may improve our services. Unfortunately, the number of responses was very low.

Those who completed and returned the Questionnaire suggested the following topics for coverage at General Meetings:-

gardening, preserving, exchange of recipes, nutrition, new treatments for allergies, and, most of all, how to cope psychologically with multiple allergies and their restrictions. Two other topics suggested and covered since then were: Rotary Diet (discussed at our April meeting) and conversion from oil/gas to electricity (covered at our September meeting).

ALLERGY INFORMATION ASSOCIATION

New members, please note that we have copies of the AIA Newsletters in our library, available on loan.

The 1981 Vol. 17 Summer issue of the AIA's Allergy Shot was filled with particularly useful information. Following are notes on some of the topics covered:

(a) Medication

Dr. Atounyan, himself an asthmatic, discovered Intal, an effective medicine to control asthma. From that formulation also comes Rynacrom for hayfever and Opticrom for the eyes. The latest is Nalcrom for the control of digestive system symptoms.

Dr. J. Gerrard, Sask., tested Nalcrom on 32 patients who normally reacted adversely to foods. They were given oral cromoglycate and placebo separately for two periods of 7 days each. Adverse reactions were prevented by cromoglycate alone in 24. The symptoms responding to cromoglycate affected not only the gastrointestinal tract but also the skeletal, vascular and nervous system. This medication is available only by prescription.

(b) Rare Allergy

An extremely rare and hitherto unknown allergy surfaced lately and more cases are being identified. In 1979 a woman was rushed to a hospital emergency room in shock and almost unable to breathe after a few sips of wine poured from a bottle in which the cork had broken. The same symptoms reappeared at a friend's house, again when having a sip of wine. It was found that potassium metabisulfite, a common preservative used to prevent oxidation and decay of fresh foods, was the culprit. Also, apparently some restaurants spray it on lettuce at salad bars to keep it from wilting, and on avocado dip to keep it from turning brown.

(c) Possible Cure for Allergy

A husband and wife team, Doctors Ishizaka, discovered the IgE class of antibodies and their role in allergy about 15 years ago.

Apparently this class of antibodies is the key agent in allergy.

Now discovered is the existence of substances that act as controls over IgE production and suggest a potentially effective treatment, either using an IgE-suppressing substance directly as an anti-allergy drug or learning how to control the production and activity of the suppressive substances themselves.

The substances are produced by so-called T-cells, an important component of the immune system. The discoveries have been made independently by two separate research teams and are apparently related but not identical.

These substances which are produced naturally in the body, suppress the key initiator of allergic attacks in susceptible individuals. For complete information, read the referenced AIA Newsletter.

(d) Aspirin (ASA) Tartrazine and Benzoate in asthma.

(e) Labelling

When the label on a food product states "no sugar added" it means no sucrose. However, other sugars -- fructose or dextrose, not made from natural fruit sugars, but of corn -- may have been added.

(f) Sorbitol

A relationship was discovered between heavy use of gum and foods containing the sugar sorbitol (or related sugars) and food diarrhea.

LIBRARY

As our organization becomes better known, so does the fact that we have an excellent library. In order to be certain that our growing membership is not deprived of the use of library books, it has become necessary to request H.E.F. membership cards be shown when picking up books.

BOOKS

The following books have been ordered and will be placed in our library shortly:

Brain Allergies, by Dr. William Philpott and Dwight K. Kalita, Ph.D., \$16.50.(U.S)

Why your House May Endanger your Health, by Dr. Alfred V. Zamm, with Robert Gannon, \$13.95. (U.S.) . . .

Should you wish to purchase these books, please refer to our last H.E.F. National Quarterly which included a list of books available through Dickey Enterprises. 635 Gregory Road, Fort Collins, Colo. 80524..

ROTATION DIET

The following information is re-printed from the Canadian Schizophrenia Foundation Newsletter (July 1981):

"Sally Rockwell, nutritionist from Seattle, came to the CSF conference and brought with her a sample of the Food Game or Self-help Survival Kit which she has designed. The idea for the game came through Ms. Rockwell's nutrition work, as she realized that the sheer mechanics of rotation diets can be so difficult that the whole thing is rejected. The key point of the game is color-coding, so that everything to do

with food - cupboards, canisters, shopping lists - has color stickers to indicate which food for which day. This means the elimination of a lot of daily giving of orders and family friction and enables even the pre-schoolers in the family to be self reliant.

The kit contains a master wall chart on which foods are automatically rotated, a booklet, Guide for the Food Allergic Patient by J. Boyles, M.D., basic guidelines, helpful hints, recipes (gluten-free crackers and cereals; dairy-free butters, spreads and salad dressings), daily menu plans, coded shopping lists, daily diary forms for recording foods and symptoms, self-stick labels, etc.

The kits cost \$9.00 each plus shipping and handling charges; 10% off for orders of 10 or more and 15% off for 20 or more. (Add U.S. exchange rate to cost).

Order from Sally Rockwell, Nutritionist, Diet Design, P.O. Box 19391, Seattle, Wash. 98109 (Phone 206 522-0791).

A copy is being purchased for our library.

If enough members are interested in ordering a kit, we can order in bulk. If you are interested, please give your name and number of kits required to a member of the executive.

SOCIETY FOR EMOTIONAL DEVELOPMENT IN CHILDREN

The S.E.D.C. (1181 de la Montagne, Montreal, P.Q. H3G 1Z2) has many books for sale covering topics of interest to our members. Our library has acquired several of these books already but many others are available on the following topics: allergy - ecology, delinquency, hyperactivity, learning-behaviour, nutrition, mental illness, music therapy, and a few in the general category. The society does have some books available in the French language. Check our library to review their book list.

FORMALDEHYDE

Anyone wishing to read up on the topic of urea formaldehyde insulation will find the following on file in our library:

Articles from various newspapers collected by Mrs. Susan Savard.

Mrs. Savard's personal letters exchanged with the Government of Canada, Ministry of Health and Welfare.

National Research Council Note (NRC No. 19) April 1981 entitled Urea Formaldehyde Foam Insulation.

Sensory Irritation to Formaldehyde and Acrolein during single and repeated exposure in mice by Laurel E. Kane, Ph.D. and Yves Alarie, Ph.D., Dept. of Industrial Environmental Health Sciences, Graduate School of Public Health, Un. of Pittsburg, PA 15261.

NRC Building Practice Note No. 23 - Problem Identification and Remedial Measures for Wood Frame Construction by R. P. Bowen, C.J. Shirtliffe, G.A. Chown, August 1981.

The Environment Guardian Newsletter (SUFFER) - Save Us from Formaldehyde Environment Repercussions, Vol. 11, No. 1 & 11, Feb. 1981.

CLEANING

Add the following to our newsletter No. 10 - April 1979, covering household cleaning products:

Paint Brushes

Clean Paint from encrusted brushes by simmering the brush section in full-strength vinegar until paint softens. Remove all old paint with a wire brush or comb.

Paint Smells

Fresh paint smells won't linger if you put an ample handful of hay into a bucket of water, leaving this overnight in the painted room.

Urbanites will probably achieve the same result by leaving a large bowl of water in the room overnight.

Boots

Salt-stain rings on boots, rugs, and wearing apparel can be sponged off with one-part vinegar to two-parts water solution. Sponge gently, working from the outside into the stain, and don't soak the article. If the first treatment doesn't remove the stain completely, do it over a second or even a third time until no marks remain.

Rust

Get rid of surfact rust from cast-iron frypans, woks, cake pans and kitchen cutlery by covering rusty articles with full-strength vinegar. Leave for several hours, then rinse and dry thoroughly. Protect rust-prone articles with a very light wipe of vegetable oil.

Lint

To keep lint from clinging to dark colours in the wash, add $\frac{1}{2}$ cup of vinegar to the final rinse cycle.

Static Electricity

To reduce static cling in your clothes dryer, put a few tablespoons of vinegar on a cloth with your load. Works well with polyester but is not as effective with acrylic.

PRODUCTS

Wool (untreated)

Reference our last newsletter No. 16-Sept. 1981. Now in our library is a colour sample chart of the untreated wool mentioned, as well as pattern designs from Minaki Trading Co., Minaki, Ont. POX 1J0.

Cotton Blankets

100% cotton waffle blankets are available from Lanark Mills Store No. 3. Also available at Ogilvy's at \$39.98 for double-bed size. The price is sometimes lower during their white sales.

Mattresses

Custom-made 100% cotton-filled box spring mattresses are available from the Howard Hardy Bedding Co., 1225 Bank St., Ottawa, 733-6795. It is recommended that the covering material be taken home and washed in a tolerated soap. Allow enough material for shrinkage.

As this information first appeared in our newsletters (No. 2-1977 and No. 8-1978) a few years ago, we would like to hear pros and cons from any members who have had mattresses made by this firm.

Soap

Odor-free Kosher soap is available at Steinberg Food Stores.

One of our highly sensitive members reports that she can use a soap called "Nature's Clean" for dishes, laundry, shampoo, etc. Available at Modern Times Natural Foods, 14 Russell St., Smiths Falls. The cost is \$10.51 a gallon or \$2.85 for 32 oz. Check your local health food store for availability.

Borax

We have heard that some people are having trouble finding Borax. It is available

at Loblaws Food Stores. NOTE: For some individuals Borax, with prolonged contact, may eventually cause skin irritation through local contact as well as other systemic reactions due to inhalation of the powder.

FOOD

Smoked Hams

Processed through the brine method, without nitrates, available from Meat Market, Embrun, 443-2191. Contact Mr. O. Maheu or Camile Piche.

Soya Sauce Replacement

If anyone knows of a soya sauce replacement, please let us know. The Ottawa Citizen newspaper (Nov. 4) reported that a University of Alberta food scientist has invented a soya sauce made without soybeans. It is called canola sauce. So far though, Dr. Buncha Ooraikul has had little success in getting funding from the rapeseed (canola) industry for his sauce. Let's hope it is soon available on the market.

ATTACHMENTS TO NEWSLETTER

At the end of this newsletter you will find four special papers entitled as follows:

- 1) And So the Story Goes, a history of the struggle to understand and treat complex allergies, by Estelle Drolet.
- 2) Edited transcript of a tape by Dr. Saul Pilar on The Use of Free Amino Acid Capsules.
- 3) A resume of Dr. Philpott's book, Brain Allergies.
- 4) A resume of Dr. Stephen Levine's own experiences with allergies and his program for relief (ref. Chimo magazine).

JOBS AVAILABLE

A Brockville family (three children) suffering from ecological illness is looking for female live-in help.

ROOM AVAILABLE

One of our members has an ecologically clean room for rent in Smiths Falls.

NOTE: If interested in either the job or the room, please call Estelle Drolet at 825-4439 for further information.

Virginia Solares, Ph.D., provided the following suggestions:-

1. In October, 1981, one Carleton Board school and twenty school busses going to that school were fumigated by a pest control company because of the large number of children who were found to have headlice. It is felt that the fumigation was unnecessary as the lice are transferred by personal contact or through clothing and it is unlikely that one could get the lice from the floor, walls or ceiling of the school. A thorough cleaning or scrubbing of desks and keeping the affected children at home until the lice is controlled would have been preferable. A letter will be addressed to Carleton Board on this issue.

The currently practiced treatment for lice is by the use of shampoos containing lindane, a chemical which is highly toxic, easily absorbed in the skin and can cause convulsions, nausea and deep depression. The shampoo can be bought here without prescription, but in the U.S. is available only with prescription and not recommended for children under 12.

Members who have had success eliminating head lice without using shampoos containing lindane, please share your techniques with us by calling 829-8542, as headlice seems to be a yearly problem in schools.

2. An Italian store, Vasto Dry Goods and Drapery (327 Preston Street, Ottawa 232-6926) carries men's and women's underwear and socks and children's clothing of 100% cotton.
3. Those who own Kenmore vacuum cleaners may be interested to know that dirt bags made of a washable material can be used instead of the disposable types. By washing the bag after each use, the amount of dust recirculated in the air can be minimized at a lower cost than replacing the bag each time.

R E C I P E S

Milk Free
Sugar-Free

Zucchini Muffins

1½ cup whole wheat flour	1 well beaten egg
½ cup of wheat germ	½ or 1/3 cup honey
3 tsp baking powder	1 tsp vanilla
1 tsp cinnamon	1/3 cup oil
	1½ cups grated zucchini
	½ cup chopped nuts

1. Mix dry ingredients together and wet lightly
2. Add zucchini and nuts
3. Fill greased tins 3/4 full and bake at 400° for 15 minutes.

The above appeared in the Canadian Schizophrenia Foundation newsletter July 1981, taken from the book "Everybody's Favourite (Orthomolecular) Muffin Book written by Rose Hoffer and Muriel Warrington and available for \$5.95 from the CSF office, 2229 Broad St., Regina Sask. S4P 1Y7.

Salad Dressings

Egg-Free
Milk-Free
Corn-free

American Poppy Seed Dressing:-

- 1 tsp. dry mustard
- * 1 tsp. salt (sea salt preferably)
- 4 tbsps. cider vinegar
or lemon
- 10 oz. salad oil
- 1 tbsps very finely minced onion
- 1 tsp each poppy seeds and caraway seeds
sugar or honey to taste

(Mix and store in jar in the refrigerator).

- * Ordinary table salt quite often has corn to keep salt running free.

Celery Seed Salad Dressing

- Sugar or honey to taste
- 1 tsp salt
- ½ tsp dry mustard
- 1 tsp onion juice
- 3 tbsps cider vinegar or lemon juice
- 10 oz salad oil
- 1 to 1½ tsp celery seeds
- 1 tsp paprika

Combine ingredients & beat well. Chill in refrigerator.

This tart dressing is delicious on fresh or tinned fruit, cole slaw, or a combination of fruit and cabbage.

AND SO THE STORY GOES

As you come out of this new doctor's office, the diagnosis of "multiple complex allergies" seems incredible. You've never heard the term and you have always associated allergies with a runny or stuffy nose, watery red eyes or hives. How can this unbearable pain in your stomach be caused by allergies? How can the excruciating pain in your big toes, for which a gout test was performed, now be associated with a yeast allergy? And how can you accept that your memory blanks and foggy thinking may be due to eating milk products? I could go on with a multitude of symptoms, citing cause and effect, but all with the same basic problem - allergies, sensitivities or intolerances.

Some of our members relate that their sensitivities are recent with no history of family allergies. The majority of these cases will tell you, though, that their problems appeared after exposure to an unacceptable level of a chemical such as formaldehyde gas, or in women's cases, after taking the contraceptive pill.

For many of us, though, it has been a long degenerative process with symptoms being present from infancy. The symptoms were there all along, but the diagnosis never made.

Our self survival instinct led the majority of us on a never-ending search for information or a miracle vitamin which would cure it all. We combed every health food store and bought dozens of books on nutrition. If you were of the Adele Davis era you added wheat germ and bran to every thing you made and, of course, milk powder plus blackstrap molasses. But oddly enough, you felt worse! You bought vitamins in every shape and form but they invariably made you worse; well, you thought, I'm sure yogurt will cure it all, what with all those lovely beneficial bacteria - but that too sent you into orbit! In that case, you thought, I'll try a sip of diluted apple cider vinegar with every meal to help digestion. But, of course, that also proved disastrous. Why? Why? Why? It doesn't make sense, you think, I'm doing all the right things. Maybe I'm a hypochondriac? Or maybe I have an unconscious need to stay ill. It must be psychological!

But, unfortunately, the need to be well keeps you on your search until the day fate is on your side. You find a clinical ecologist or an orthomolecular physician. The diagnosis of multiple complex allergies is strange to you, but

being the curious type you read up on the topic and gradually the puzzle comes together. Tests show allergies to wheat, milk, yeast, sugar, eggs, amongst other things. Now you understand why Adele Davis' recommendations actually exacerbated your symptoms. You also learn that most vitamin preparations contain corn, sugar, fillers and colours and that many are yeast-based. Perhaps it took ten or maybe twenty years to find the cause of your ailments, but at last you know. You become more and more observant, and you can also relate certain symptoms to chemical exposures.

But you must also learn to live with this disease and its many restrictions. Eating becomes a stress in itself as you add a good portion of self-pity. Your life, it seems, is a long list of no-nos - don't eat this, don't wear that, don't breathe there, and don't sit on that fabric. Everything is seen in a negative way, and you are now convinced that if you weren't hypochondriac, you are now practising to be.

Fortunately though, you do realize that you are feeling better when you follow the rules, and as you improve, you accept more appreciably the restrictions which let you live without your various ailments.

As in all diseases, people will invariably ask "why" and "what's the cause" and "can it be cured?" I would like to say to those who are presently struggling to establish some sort of homeostasis through the complexities of the rotation diet and process of elimination, or are experiencing difficulty reaching the ultimate goal of good health, that progress in this area is being made.

The person diagnosed as having multiple complex allergies is in a better position today to educate herself on the topic than she would have been six or seven years ago. The books on allergies which were available at that time covered the usual known symptoms, but books written by clinical ecologists were few and often not available. The help is there!

Although complex allergies are not easy to cope with at the best of times, do not despair. There are some very dedicated doctors who are researching and experimenting constantly in order to understand the underlying causes and the many possible ways of alleviating the symptoms. As in many diseases, there is presently no miracle cure, only a control through various means.

HUMAN ECOLOGY FOUNDATION OF CANADA
OTTAWA BRANCH

By Estelle Drolet

December, 1981.

EDITED TRANSCRIPT OF A TAPE ON
THE USE OF FREE AMINO ACID CAPSULES
BY DR. SAUL PILAR

Orthomolecular medicine is trying to provide as normal as possible the proper biochemical environment for optimum health.

This can be achieved by supplying vitamins which are precursors to enzymes, or in some cases by supplying minerals such as iron, calcium, magnesium, etc., and in other cases by supplying the major nutrients such as protein, essential fatty acids, etc.

In some people, due to faulty digestion or poor absorption, there may be a block at the level of proteins and amino acids. There are two problems that protein food, as such, can cause. It can cause allergic reaction by the protein itself or by the incompletely broken down protein in polypeptide form. These polypeptides can cause a lot of problems within the body if they are not digested and properly detoxified by the liver. (Some people have very low detoxifying ability). Therefore, a certain idea was put forth, experimented with, and successfully used on several hundred ill patients, some of whom had ecological illnesses. Ecological factors, as you know, often cause allergies.

One way the allergies are manifested is by blocking enzymes. In reality the allergy can be caused by the blocking of enzymes by some ingested food. As a result, the proper utilization of nutrients will be completely or partially impaired. The use of free amino acids will surmount this problem, because it completely by-passes the steps of digestion, absorption and utilization in many ways.

These amino acids are synthetically made and since they are not related to any food they have a different form of allergic response. They are over 99% pure amino acids so there are no polypeptides. There is no need to further digest them. They can go directly to the target organ, whatever it may be....different visceral organs or the central nervous system and they can be incorporated immediately into the necessary pathways.

The advantage of taking the complete scale of amino acids is that an imbalance of one of them would be avoided, or the imbalance would be minimal as compared to giving a single amino acid, such as tryptophan or glutamine.

These amino acids can be used very effectively by themselves. They are especially

effective during fasting. Besides detoxifying the system in many ways, fasting provides important clues. (Clinical ecologists advocate a four-day fast, which clears the system of food residues, and the ingesting of one food at a time (four a day) in order to determine allergy reactions.) Practical information on how to test for food or chemical sensitivities is clearly given in various books, such as Dr. Mandell's 5-day Allergy Relief System; Human Susceptibility to the Chemical Environment, by Dr. T. G. Randolph; or Brain Allergies, by William Philpott.) Some people have great difficulty in fasting for one or two reasons, eg. possible withdrawal reactions, or inability of the system to cope with the new demands for transferring the storage nutrients into available nutrients in the bloodstream. Amino acids capsules have been used on several patients and, on some of them, worked quite successfully.

A patient enters a normal fast, either with or without supplements, preferably without, but some supplements are permitted if the purpose of the fast is not to determine allergies. The supplements are either synthetic or natural. Supplements such as vitamin E of natural origin would be related to wheat, for example. At any rate, fasting on the amino acid capsules will be made very easy because hunger and possible deficiencies will be readily surmounted. The amount of capsules to take during a fast will be approximately between five and fifteen during a meal. In severe cases, it may vary within those limits. One cannot predict exactly as each case must be assessed individually. There is no need to eat at all during the first three days. It has been found that by using a certain amount of these capsules with already-established allergic foods that those foods can then be tolerated or reactions greatly diminished.

An average dose of amino acid capsules that I use for an average person, would be ten per meal, which is thirty a day. It is possible to take more or less. Each capsule contains about 800 mg of free amino acids. Thirty of those capsules would come to approximately 24 grams of pure protein a day, which is a fairly high dose in a way, but some people require that amount. Normally when we have 24 grams of protein, this is of complex amino acids and may not be fully utilized. If you wish to use the amino acids without undergoing a fast, then you can take about 10 before a meal of foods that you know to be safe (that is, non-reactive foods).

What are the possible side effects? I don't know of many side effects, really. Some people may react to the beef-derived gelatin capsule, but this is very easily

solved by taking the powder out of the capsule. All capsules, for pharmacological reasons, also contain fungicide. This is to prevent fungus from growing on the capsules, which are made from animal-derived substances. Again, this problem is easily remedied by eliminating the capsule. There is no restriction on the intake of water. Be aware though that water can sometimes play an important role. (In some ecological clinics in the U.S. there are as many as 13 different types of waters available for testing).

In summary, fasting on amino acid capsules becomes very easy for most people. This management can safely be used on children. It is particularly useful since children are especially difficult to fast.

I have placed schizophrenics who were normally extremely difficult to manage, on fast and they did not experience the desire to eat and did not feel hungry while taking the amino acid capsules.

These amino acids have been found to be beneficial to old people, especially those suffering from difficulties in metabolism, because the capsules provide a direct high amount of amino acids.

Amino acids may diminish allergies in general, especially inhalant allergies, but they must be tried with the help of a knowledgeable doctor, in order to determine the amounts needed and if benefit may be derived from them.

One drawback is the high cost of the capsules, which runs about 30¢ per capsule. However, in view of the possible benefits, they are worthwhile trying.

NOTE:

The Human Ecology Foundation would like to stress that the treatment described above, or any other, should be undertaken only under the direction of your personal physician.

BY ESTELLE DROLET
HUMAN ECOLOGY FOUNDATION OF CANADA
OTTAWA BRANCH

December 1981.

RESUME from BRAIN ALLERGIES

written by Dr. William H. Philpott, psychiatrist,
and by Dwight K. Kalite, Ph.D.
Foreword by Roger Williams, Ph.D.

Dr. Philpott first heard of the possible relationship of food and psychological disturbances in 1950, but as a psychiatrist of the old school of thought, he discounted it. It was not until 1970, twenty years later, that he finally decided to research the matter.

Dr. Philpott began using the methods of testing advocated by the pioneer in this field of clinical ecology, Dr. Theron Randolph; that is, using provocative and sublingual testing for foods and chemicals, and implementing the rotation diet. Once convinced, there was no stopping him. Today he is incessantly testing, experimenting and establishing new medical findings.

One of the most often heard questions is "Why? Why do I have all these allergies?" Except for a few rare cases, we all have the ability to handle toxins, pollens, foods and chemicals in our environment, but this ability differs according to each individual's chemical makeup. Should this ability be defective through inheritance, enzyme deficiency, malnutrition, harbored infection, or otherwise, the person is more likely to develop maladaptive symptoms on exposure to food and environmental contacts.

Many foods contain natural toxins which require detoxification by the liver. Mold-producing toxins are frequent in foods. The widespread use of pesticides has added toxic residues to our food, which adds to the burden of detoxification by the system. Some people have such a low level of detoxifying ability that they must use non-chemically contaminated foods and water.

An important statement Dr. Philpott makes is that "one can say that allergy and its counterpart, addiction, along with nutritional deficiency and infection, are the building blocks from which chronic diseases are built." Of prime importance in his recommendations to control symptoms is the four-or-more rotation diet, but he adds that "it would certainly be wrong to conclude that a rotation diet alone is the cure-all of physical and mental illness."

In addition to the elimination of offending foods and the use of the rotary diet, Dr. Philpott experimented with the addition of vitamins to see if nutritional deficiencies related to physical and/or emotional symptoms. Some two thousand patients were examined. With many patients he succeeded in avoiding any reactions, whether physical, neurotic or psychotic, by the administration of certain B vitamins and vitamin C intravenously. But he also found that if incriminated foods were given in enough consecutive meals, symptoms would develop in spite of nutrient therapy.

The sixth chapter, "Proteolytic-enzyme and amino-acid therapy in degenerative disease" is quite medically oriented but can be easily understood by the average layperson.

It is of great importance to know, when dealing with allergy/addiction problems, that the pancreas is the first endocrine-exocrine organ to be influenced by contact with ingested foods and chemicals. Just like any organ, an overstimulated pancreas leads to exhaustion and inhibition of function. The majority of people will immediately think of hypoglycemia or diabetes as the possible outcome, yet according to Philpott the most affected in pancreatic insufficiency is the bicarbonate production, followed by the organ's enzyme production, and last and least of all, its insulin production.

Dr. Philpott uses both enzyme and amino-acid therapy as these two are inter-related. Proteolytic enzymes are built from amino-acids, yet with an amino-acid deficiency there is a reduced enzyme production, and hormones and antibodies are reduced in quality and quantity. There are numerous digestive enzymes which break down protein into amino acids, some of which in certain people might be functioning well and in others not functioning at all.

Patients with allergies have often been prescribed by their physician what is called 'alkaline powders' (two parts baking soda and 1 part potassium bicarbonate) to take when experiencing food-related reactions, or they have been told to take baking soda half an hour after every meal. Most of us are reluctant to take baking soda after every meal, but when we understand the mechanism and the reason for its use it becomes more acceptable.

Gastric digestion (stomach) occurs in an acid medium. The small intestine functions in an alkaline medium. The pancreas produces its own bicarbonate. If this function fails then the intestinal medium is acid. Enzymes are destroyed in an acid medium, the intestine mucosa is injured and metabolic acidosis occurs.

A most startline discovery was made by Dr. Philpott. He began to monitor blood sugar levels as a possible reaction to foods or chemicals. He relates case histories where he found evidence of high blood sugar levels (as high as 400 mg) due to maladaptive reactions to either foods, tobacco or a petro-chemical. He also saw cases of low blood sugar. He warns that diabetics should not test for allergies on their own. According to Philpott, whether the response is low or high, blood sugar depends on the stage of the stress reaction. The hypoglycemia being the adaptation stage, and after several years of this adaptive process, metabolic failure through exhaustion appears and the logical onset of diabetes mellitus ensues.

Dr. Philpott has been able to prevent either hypo- or hyper-glycemia, neurological or psychological and physical symptoms in many patients through the use of one, or all (depending on the

individual) of the following medications? 1) pancreatic compounds, 2) enzymes, 3) amino-acids, 4) alkaline powders.

Of most importance to the chemically sensitive, he found that certain patients who were chemically sensitive no longer reacted to the petrochemicals when following the proteolytic-enzyme, plus amino acid therapy.

There is also a most heart-warming chapter regarding his involvement in the betterment of an autistic child.

There is a chapter directed to physicians on testing (useful also to the layman) and proper management through the above-mentioned methods, as well as other recommended medications.

For those who wish to avoid beef or pork products as amino acid supplements or enzyme supplements, there are amino acids available from soy, whey, alfalfa and bacterial sources. There are enzymes from mold aspergillus, bromelain from pineapple and papain from papaya.

ED. NOTE

We repeat here, please do not attempt to treat yourself. Nutrition is a complex field, not for amateurs. It always worries me when I see articles in health magazines or certain American newspapers in which the virtues of a vitamin, mineral or amino acid are extolled, but the contra-indications are not mentioned. For instance, last year several Ottawa health food stores displayed copies of a newspaper article on the amino acid Tryptophan. Tryptophan was said to be good for depression, insomnia, irritability, etc. Perhaps it helped some people. However, the article did not contain some rather important information. According to Dr. Philpott, tryptophan is considered to be one of the most toxic of all the amino acids. Also, Vitamin B3 (niacin) is required for the transformation of tryptophan into NAD (nicotinamide-adenine dinucleotide). If there is a niacin deficiency this transformation is inhibited and there is an overload of tryptophan in the brain's chemistry, which can cause undesirable perceptual and mood changes. So, do check with your nutritionally knowledgeable doctor before taking any vitamin or medication.

By Estelle Drolet
Human Ecology Foundation of Canada
Ottawa Branch
December 1981

RESUME OF ARTICLE IN CHIMO MAGAZINE
ABOUT DR. STEPHEN LEVINE

After receiving his doctorate, Dr. Stephen Levine of California chose to work in the field of agricultural biochemistry. He performed genetic engineering on the common supermarket mushroom in a private laboratory in Santa Cruz. The thready white mycellium, which ultimately forms the fruit of the mushroom, produces carbon monoxide, a deadly gas. It is believed that Dr. Levine's massive exposure to carbon monoxide contributed to the destruction of the normal functioning of his immune system. He was also exposed to toxic chemicals which were absorbed into his bloodstream, such as organic solvents benzene and toluene.

The story tells of the sequence of his illness. The deterioration of his health eventually forced him to move into the shed as he could not longer tolerate his home (chemical fumes from synthetic carpets, drapes, foam cushions, etc). Everyone, of course, thought he had gone mad, especially his uncle-in-law, a brilliant surgeon. His only lifeline to an income was his typewriter, but he soon became sensitive to the carbon ribbon.

But there is a happy ending.....after experimenting with vitamins he experienced some temporary relief, but it was not until he took a wide range of trace minerals such as chromium, iodine, selenium, vanadium, titanium, boron, silicon, plus a particular brand of adrenal tissue, did he control his illness. "a particular brand" of adrenal tissue is underlined; one who is very sensitive might have to try several brands before finding one which can be tolerated)

Dr. Levine is now associated with Nutri-cology, hypo-allergenic nutritional supplements, 2336-C Stanwell Circle, Concord, Ca. 94520 (see our last Newsletter).

A Nutri-cology Product information sheet has been placed in our Library.

By Estelle Drolet
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